

10B

INSIDERES

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A woman with long, dark, wavy hair is posing on a set of stairs. She is wearing a grey, low-cut top and black shorts. She has several tattoos: a large, intricate black and white tattoo on her right thigh, a diamond-shaped tattoo on her upper left chest, and a tattoo on her right shoulder. She is looking towards the camera with a slight smile, her left hand resting on her hip.

INTERNATIONAL EDITION
PART ONE

TATTOO

ISSUE 4 - SEP 2016

LAMACRA

SPECIAL FEATURE

PHOTOGRAPHY BY
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Heather Shanzholtz

BY DOC DEVIL

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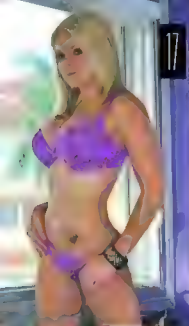
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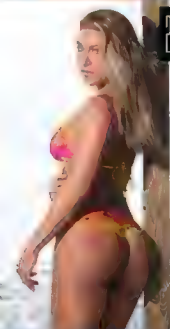
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Kelly Collins

BY RICHARD GREER



17



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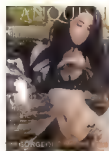
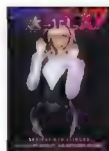
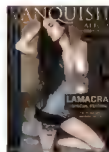


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Kimberly Alexis

BY EDWARD WRIGHT





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Modelmania

SEPTEMBER 2016

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THE HEAT IN
TEXAS
COVER GIRL

Vivi Estrada

by Luis Gomez
and 197 Photos

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*Kindly Myers
& Lizzy Acosta*

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Lisa Marie Sanders

BY JASON ELLIS
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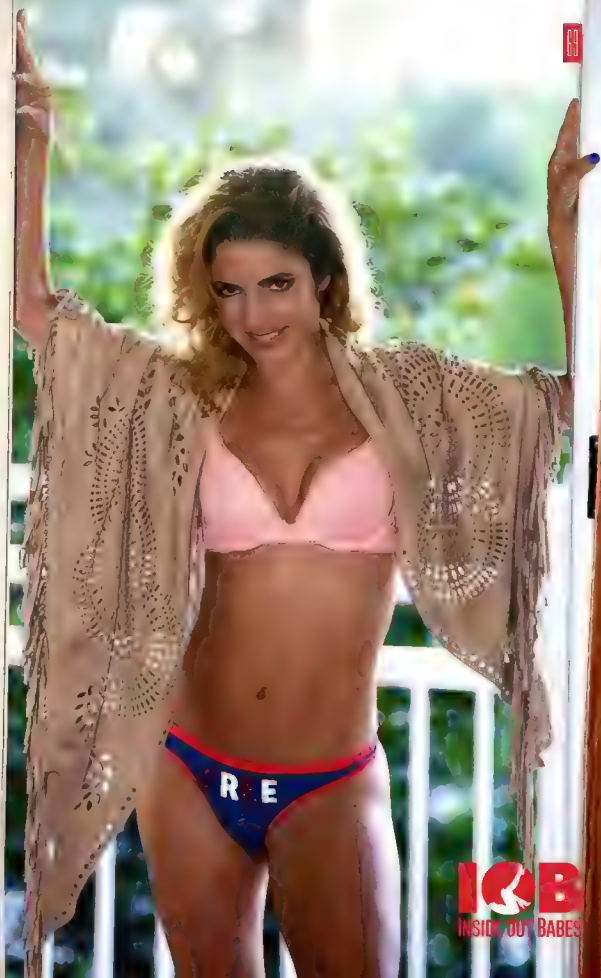
Lea Ririe

BY LUIS GOMEZ

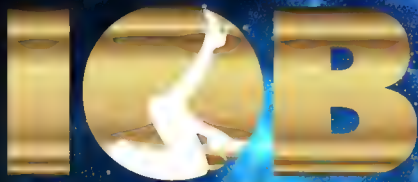












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SUBMISSIONS

We accept:

- Glamour
- Fitness (Universe 137 magazine fitness edition)
- Lingerie
- Swimwear
- Fashion
- Tattoo Models (alternative Special Edition Only)
- Automotive (Hot Models & Fast Cars)
- Implied

For magazines and web promo we need at least 15 for each type (or the quantity we have (6 minimum). And to be promoted in the web **chicas universe 137 studios** we need 6 photos. We need the release of the photographs that you send. No logos or watermarks are accepted (we give full credit to the photographers during publication). Resolution photos between 240-300 dpi and at least 1.5 MB. You must own the rights to publish the photos you are submitting, we will hold you liable if you submit any photos without gaining proper consent.

Along with the photos, we also require the model's name, city, state, measurements, photographer HMUA, booking info, and a brief bio (50-100 words). All information submitted must be proofread and reviewed for accuracy. Once photos have been submitted you are granting full publication rights of these photos for Online and Printed Distribution.

The Photos are non-exclusive to us so can still be used by the models and photographers in other places.

All submissions should be sent to modelsubmissions137@gmail.com. We will approve/disapprove the photos ... if we approve will respond back to you with the date you will appear in one of our publications

Submissions are Open for models, actresses and photographers.

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SUMISION ABIERTA PARA FOTOGRAFOS Y MODELOS

Aceptamos:

- **Glamour**
- **Fitness (Universe 137 edición de la revista Fitness)**
- **Lencería**
- **Trajes de baño**
- **Moda**
- **Modelos de tatuaje (alternativa Edición especial)**
- **Automoción (Modelos calientes y los coches rápidos)**
- **Implied**

Para revistas y promoción web necesitamos al menos 15 fotos o la cantidad que disponga (6 mínimo), para ser promovido en la web de **Chicas Universe 137 Studios**. Los trabajos deben poseer los derechos para publicar, nosotros nos haremos responsables si presenta alguna foto sin obtener el consentimiento adecuado. No se aceptan logotipos o marcas de agua (Los créditos de los fotógrafos van adheridos a la publicación). La resolución debe tener entre 240-300 ppp y un mínimo de 1,5 MB.

Junto con las fotos, que también requieren el nombre del modelo, ciudad, estado, mediciones, fotógrafo, HMUA, información, y una breve biografía (50-100 palabras) la reserva. Toda la información presentada debe ser corregido y revisado para la exactitud. Una vez que las fotos se han presentado usuario garantiza los derechos de publicación de estas fotos llenas de línea y distribución impresa.

Las fotos no son exclusivas para nosotros, así que todavía pueden ser utilizados por los modelos y fotógrafos en otros lugares.

Todas los trabajos deben ser enviados a modelsubmissions137@gmail.com. Vamos a aprobar / desaprobar las fotos... Luego de ser aprobadas las fotos le informaremos la fecha en que van a aparecer en nuestras publicaciones.

Las presentaciones están abiertas para modelos, actrices y fotógrafos.

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Chicas Universe 137

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With her extraordinary background in health, fitness, business and survival, Lisa Marie Sanders is a one-of-a-kind lifestyle coach whose wisdom comes from authentic, first-hand experience. There's little she hasn't done. A U.S. Army and Air Force

veteran and former police officer and telecommunications accounts manager, Lisa is a highly successful professional bodybuilder, model, real estate agent, and mother of 3. She is also a coach and advisor, passionate about fitness and nutrition, who guides with compassion, frankness, and intelligence.

Born in Akron, Ohio, and raised in a small Ohio town called Tallmadge, Lisa began her career in glamour and fitness as a model in 1994 and has appeared in numerous magazines over the course of her career. From 1997 to 1998, she appeared in several Biker Magazines, and from 2001 to 2002, she appeared in TV commercials, print ads, and brochures. Since 2011, she has been the Kangaroo Carry Gun Holsters print, packaging, calendar, web, and video instructional model.

Always deeply admiring of her father, who was a bodybuilder, Lisa has long held a passion for bodybuilding and nutrition. Turning professional with the International Federation of Body Builders (IFBB) in July 2014, she has competed with great success, for instance, in the 2014 IFBB Pro Women's Physique. Lisa is also a dedicated CrossFit enthusiast, competing in several local competitions. She has also been an Ambassador for ProSport Nutrition (2014).

Lisa has received prominent and prestigious layouts for herself in several magazines and newspapers. Previous layouts include 504 Dymes Magazine 2015 Tribute Issue and Calendar; Female Veterans Calendar 2015; Dream Vixens Magazine, March 2016 & June 2016; Always Thermo Magazine, Feb. 2016; a 2-page feature in NBB Magazine, 2014, and many other publications.

In addition to modeling and competition, she has skillfully juggled service to her country as well as work in law enforcement and business, while also raising a family. In 1987, Lisa joined the U.S. Army, serving as a military police officer, stationed in Hanau, Germany. After her honorable discharge from the Army, she moved to Houston, Texas, where she joined the U.S. Air Force and was stationed at Ellington Field as a Security Police officer. Later, honorably discharged from the Air Force, she served for five years as a Texas police officer before changing careers, setting her sights on the telecommunications industry.

Lisa spent ten years with Verizon, first serving as Government Account Executive for local, state and federal government accounts, and then providing overall account management and consultation for the Air Force, selling complex wireless solutions to Air Force installations nationwide.

In 2013, Lisa became a real estate agent with Zip Realty, Houston, where she is a certified expert advisor with the National Association of Expert Advisors, specializing in the Houston and Galveston area.

In every area of her life and career, Lisa has strived to be an example of perseverance, reliability, and honesty, always pursuing worthy goals. Married to her husband Michael for the last 14 years, she is 48 years old and the mother of 3 children – son Cris, age 26, daughter Rheagan, age 13, and son Aidan, age 11. She also finds time to volunteer to help military people transitioning to civilian life and is an active participant in organizations supporting veterans.

Lisa has lived in Ohio, Virginia, Alabama, Texas and Louisiana and loves to travel. Having travelled in all 50 states, she has also

been to 24 countries, with South Africa and Greece on the top of her countries-to-experience list for next year.

Dedicated to bringing joy and prosperity to all, Lisa Marie Sanders delights in communicating to others the experiences and skills she has gained in both her personal and professional life.

www.lisamariesanders.com has links to all my social media
Twitter @lisamsanders
IG @lisamsanders
Snapchat totalltangirl

WHO IS LISA MARIE SANDERS?

I am 48 years old, a happily married mother of 3 beautiful children 27, 13, and 11. Veteran of both the Army and Air Force. Prior police officer in Texas, Pro bodybuilder, CrossFit athlete, lifestyle coach and residential real estate agent in Houston. I use to be a glamour model before going into fitness the last 10 years.

WHAT BROUGHT YOU TO THE POINT OF WHERE YOU DECIDED TO GET FIT?

I have had a lot of ups and downs related to being fit but mostly ups. Learned from my parents at a young age to exercise and eat healthy.

Involved in a lot of sports growing up like gymnastics, ballet, softball, tennis, volleyball, and track. Joined the US Army right out of high school for a few years then over to the US Air Force for a couple more years.

After my Honorable Discharge I became a Texas Police officer.

WHAT DOES YOUR WORKOUT AND DIET CONSIST OF?

I change up my workouts quite a bit and try to keep it different. I love weight training, boxing, kick boxing and mostly cross fit.

My diet consists of a lot of lean protein (chicken, egg whites, cod, tuna, buffalo) I keep brown rice and sweet potatoes along with veggies at almost every meal. I have oatmeal and egg whites every breakfast. I keep shakes to a minimum and get most of my nutrition from real food.

WHAT INSPIRES YOU TO MODEL, AND WHAT ARE YOUR GOALS IN THE MODELING BUSINESS?

I love the make up, the glamour, lights, and feeling beautiful in gorgeous clothes and shoes. Being in front of the camera is so much fun! One of my goals is to be a cover model in a magazine, along with being a role model for women my age. Showing you can be fit, sexy, and glamorous at any age.

WHO IS YOUR BIGGEST INFLUENCE?

My father has been a huge influence in my path as an amateur and pro bodybuilder. I grew up watching him workout everyday in our home gym. As my whole family stayed very active growing up with all types of sports like softball, volleyball, tennis, 5K & 10K races, and bike rides.

WHAT ARE YOUR FUTURE PLANS?

Continue to be a positive example to people on a healthy lifestyle and be happy with who you are. There is only one of you so embrace it! Also continue fitness and glamour shoots with some of the best photographers in the world.

Go by these questions more or less you can make changes please send me the answers in a doc to leg1964@gmail.com... in times new roman, 12 pts.

